

FREE TRAINING PROGRAM

MINDFULNESS: THE EVERYDAY SUPERPOWER

COURSE CONTENT

Mindfulness is a superpower that we all can access. It can help us handle stress easier, focus better and be more compassionate to ourselves and others. This workshop will focus on the science and practice of mindfulness. Learn why you need Mindfulness in your life and how to obtain it.

ABOUT THIS TRAINING

This mental health workshop will cover the importance of mindfulness in your personal and professional life.

PLACE AND DATE

This class is held online
Wednesday March 22nd from 9-12pm.
Links to be provided



This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario.

SIGN UP



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